



Extension Connections

Chesterfield County in Partnership
with Virginia Tech and
Virginia State University

"Educating, Engaging and Empowering" Chesterfield County Residents

Issue 2, Volume 2

March 2016

Content Editor: Ashley Moulton

What's Inside?!

2

**7 Tips for Encouraging
Kids to eat Healthier**

3

**Agriculture Awareness:
Buttercups Toxicity to
Horses**

4-5

**Quick Spring Tips for
Your Lawn & Garden**

6- 14

**SAVE the DATE! 2016
Extension Spring
Programs & Volunteer
opportunities**

8-9

**2016 Spring Garden
Seminar Series**

15 - 16

**2016 so far—Program
highlights from this
Winter**

17

Extension Classifieds



A Message from T. Michael Likins, Chesterfield Cooperative Extension Director

Whew! Finally! Spring has arrived. Did it seem to you that February, the shortest month, was longer than January?

Maybe that's our way of appreciating spring even more. With spring comes renewal of our lawns, gardens, and hopes for a healthy and productive season. Who doesn't yearn for the dogwood bloom as the harbinger of more to come or that first tomato of the season that almost makes up for the protracted cold and gray winter? Throughout the coming season, realize the fullness of spring and summer by joining Chesterfield Cooperative Extension volunteers and staff in some of the many programs that we offer. This issue of the Extension Connections is chock-a-block with resources to help you maximize the coming months.

Have lawn or garden problems? Have a Master Gardener evaluate your lawn and landscape in 2016

Now is the perfect time to prepare your lawn and garden for summer. The Chesterfield County Office of Virginia Cooperative Extension offers several programs for residents to learn more about their lawn and garden, and get solutions and suggestions for problem areas.

The popular Grass Roots program involves a home visit by a trained Master Gardener volunteer who will measure your lawn, take a soil sample, and provide personalized recommendations based on a detailed site evaluation. The program fee is \$25 and covers the cost of supplies, materials and one soil test. Additional soil samples are \$11 each. (Maximum of three samples, for lawns only.) The Grass Roots program is available through June.

Learn Your Landscape includes a 1.5-hour onsite evaluation by a trained Master Gardener volunteer to obtain a basic landscape inventory and determine what your needs might be, from growing native plants to having a healthy, sustainable yard and garden. Also included are a follow-up consultation and a personalized reference binder with tips and suggestions. The cost of the program is \$30. An option in this program is an in depth wildlife habitat assessment metric in cooperation with the Habitat Partners © Program of the VA Department of Game and Inland Fisheries for those who want to improve their yards to become more habitat healthy in support of desirable wildlife with recommendations of Virginia native plants.

More on Pages 3 & 5

**Learn more about the services we offer online:
[http://offices.ext.vt.edu/chesterfield/programs/
index.html](http://offices.ext.vt.edu/chesterfield/programs/index.html)**



7 TIPS FOR HELPING KIDS EAT FRUITS AND VEGETABLES

We all want the best for our kids. A healthy foundation is part of providing them with the “best,” so they can be healthy and grow into healthy adults. Fruits and vegetables are an important part of that foundation. They provide our children with loads of vitamins and minerals in a low calorie package. People who eat more fruits and vegetables as part of a healthy diet, have reduced risk of many diseases. Providing your children with healthy foods at a young age and encouraging healthy food preferences will help them to grow into healthy adults.

Most kids (and adults) are not eating enough fruits and vegetables on a given day. Fewer than 15% of children between the ages of 4-8 years consume the recommended amounts of fruits and vegetables while intakes of desserts and sugar sweetened beverages have increased to nearly 40% of total calories.

- 1. Encourage your kids to eat healthy by being a role model.** Your child looks up to you. If you eat fruits and vegetables, then your child will too. Recent research shows that children are offered fewer fruits and vegetables in the home than they are offered at school. Parents are key in supporting a healthy foundation for the food preferences of children.
- 2. Keep a visible reminder.** Keep fruits and vegetables within easy reach. A bowl on the table or cut up and ready to eat in the refrigerator.
- 3. Include a fruit or vegetable at every meal.** Top cereal or oatmeal with bananas, have a vegetable with lunch and dinner.
- 4. The original fast food.** Fruits and veggies are the original fast food. Keep them on hand for easy snacking between meals.
- 5. Stock up.** Frozen and canned varieties are perfectly acceptable forms of fruits and vegetables. Buy in bulk when they're on sale for a budget friendly healthy choice.
- 6. Taste test.** Include a taste test as a monthly dinner activity. Taste tests are fun, engaging, and have proven to encourage kids to try foods.
- 7. Cook and choose foods together.** Let your children pick out foods from the grocery store and cook them together at home. You'll be surprised how willing they are to try something they picked out and made themselves!

Article adapted from an article by Alisha Farris, PhD RDN CSP, Child Obesity Extension Specialist, Virginia Tech

March is National Nutrition Month. Try adding fruits and vegetables to family favorites such as spaghetti, casseroles, pizza, smoothies and more.

*For great recipe ideas, visit the Family Nutrition Program website at www.movemore.ext.vt.edu
Ann Vargo, FCS SNAP-Ed Agent
(Photo courtesy of i-healthdiary.com)*



Agriculture Awareness: Butter cups toxicity to horses

Fields of buttercups might be a bright, beautiful site to some people and an annoying weed problem for others. There are several annual and perennial plants included in the buttercup species and can often be found in horse pastures that are overgrazed. While this plant is unpalatable to horses, it is a toxic plant for them. If they do happen to chew on the buttercups in your pasture they will have symptoms that include oral irritation, increased salivation and decreased appetite. With access to adequate pasture or hay, horses should stay away from the buttercups. One of the best ways to control buttercups is to have a good stand of grass that will outcompete the weed, chemical control is also an option.

If you are in need of help with identifying a pasture weed or managing your pastures contact Charley Maxwell, Agriculture and Natural Resources Extension Agent, at mcharley@vt.edu.

(Photo courtesy of www.thehorse.com)

Get to the Root of the problem with a healthy lawn in 2016!



Lawn Care Program

The program includes:

- One visit by trained Master Gardener volunteer to take soil sample (s), measure and evaluate the condition of your lawn
 - Personalized fertilizer and liming recommendations
 - Comprehensive guide on lawn care with step-by-instructions
- 1 year of seasonal newsletters providing timely lawn care information



Register Today!

Applications can be found online at

<http://bit.ly/RegisterGrassRoots2016>

Cost: \$25 - Includes one soil sample, additional samples - \$11 each





Quick Tips for your Home & Garden: Spring 2016

Contributed by Chesterfield Master Gardeners

Late March 2016 Tips

- Mid to end of March is a great time to prune Crape myrtles but please don't be guilty of "crape murder." Find out how to prune like the pro's do below <https://pubs.ext.vt.edu/430/430-451/430-451.html>
- Curious what else you can prune in March? Shrubs include arborvitae, roses and many more listed online here <http://pubs.ext.vt.edu/430/430-462/430-462.html>
- Want a beautiful & healthy lawn in 2016? Sign up for our Grassroots program by clicking <http://bit.ly/2016GrassRoots>

April 2016 Tips

- Want to stay on top of pesky pests in 2016? Check our growing degree days online at <http://bit.ly/GrowingDegreeDays>
- Once all danger of frost has passed (April 11-20), you can transplant tender vegetables, such as tomatoes and peppers. Before planting, harden-off by placing outdoors in a sheltered area for a few days. Cover, if late frost.
- Do not prune spring-flowering shrubs until the last flower fades (but before new buds set) ie: azalea and rhododendron
- Divide herbaceous perennials, clumps of bulbs, and ornamental grasses if the garden looks too crowded, or if light conditions have changed and blooms are fewer. Replant or give away!
- Want to divide perennials and do not know where to begin? Find out how at <http://pubs.ext.vt.edu/426/426-203/426-203.html>

May 2016 Tips

- Check your plants for any diseases or insects; bring bugs and diseased plants to our [Master Gardener Help Desk](http://bit.ly/AskChesterfieldMG) for FREE diagnosis. Find out more at <http://bit.ly/AskChesterfieldMG>
- Start fertilizing warm season lawns such as Zoysia and Bermudagrass. Most of our lawns in Chesterfield are cool season lawns: fescues, ryegrasses, or bluegrasses. Fertilizing cool season lawns now can stress and predispose them to fungal infections such as brown patch later this summer, and can increase frequency of mowing.
- Get ready for hurricane season. Check trees for damaged or weak branches and prune as needed. Call 804-751-4401 to get our certified arborist list or our tree/shrub specific Pruning Calendars.
- Ensure that your lawn and garden receives 1 inch of water per week. Set out an empty tuna can to measure the amount of rainfall, and water early in the morning and deeply.
- Stake any tall plants to help prevent damage.

Early June 2016 Tips

- Join us on Saturday, June 18th at Bumblebee Jamboree - a FREE and fun family day celebrating National Pollinator Week. Be sure to check out the butterfly tent, VCU bug lab, and a variety of pollinator craft activities. <http://bit.ly/BBJam2016>
- Harvest your vegetables as soon as they are ripe for the freshest taste, to prolong production, and to avoid pest issues. Beans, peas, squash, cucumbers, and okra are often ready.
- Remove any dead/finished vegetable plants from your garden by bagging and disposing; plant new crops in their place.
- Plant annuals that can take the full sun during hot summer months, including celosia, portulaca, vinca, and some coleus.

Have questions about your Lawn or Garden?

Call our Master Gardener Help Desk today by calling 804-751-4401

Learn *Your* Landscape

The program includes a site visit by trained Master Gardener volunteers. The volunteers will evaluate and answer site specific questions regarding your property, such as:

- Why are the plants in my yard not thriving?
- What plants will grow well on my property?
- How do I take care of my plants?
- How can I improve the sustainability and create habitat for beneficial wildlife like birds & bees?

A \$30 fee covers the cost of supplies, materials and personalized guide. Limited to the first 60 registrants.

Sign up today by downloading a registration form at <http://bit.ly/LoveYourLandscape>

[Learn more about Learn Your Landscape from Chesterfield Master Gardener, Lynne Foote!](#)



SAVE the DATE

2016 CHESTERFIELD EXTENSION PROGRAMS

April 2016

Fit Extension Kick-Off event - April 1st 3:30-5:30pm.

Fit Extension an 8-week physical activity program to help you get motivated and moving (physical activity) and help you improve your health through changes in food choices (increase vegetables and fruits) and overall quality of life in a fun and challenging way. Program begins April 3rd through May 28th. Call (804) 751-4401. more details on page 14.

Jamestown 4-H Center Discovery Run and 10K - Saturday, April 2nd 9AM

Join us for our 3rd annual 10K and fun walk! This program provides scholarships for children to attend 4-H Camp in the summer! Enjoy the beautiful, historic and scenic trail as we run/walk on some of Williamsburg's finest trails– the Virginia Capital Trail, the Powhatan Creek Trail and the Greensprings Trail. The Discovery Run begins at 9:00AM on race day and the one mile fun run/walk begins at 10:30AM. Well-behaved dogs on leash are welcome. For registration information please contact race director, Ruben Brown at rubrown1@vt.edu or call us at 757-253-4931.

Women's Wellness Weekend - Friday, April 8 - Sunday, April 10

Wishing for some downtime and a chance to relax and recharge? The perfect escape is closer than you think. Treat yourself to a weekend designed for women ages 18 and better! Enjoy wellness workshops led by professional speakers in their respective fields. Explore classic "camp-tivities" such as archery, crafts, canoeing and kayaking! We take care of everything so you can enjoy a weekend of playing, laughing and learning with old and new friends. Contact Sue Williams at the Jamestown 4-H Center to register: wsue8@exchange.vt.edu

Rain Barrel Workshops - April 16th 10-11:30am

Lorne Field from the Chesterfield County Department of Environmental Engineering, in conjunction with the James River Soil and Water Conservation District and the Chesterfield Master Gardeners will be hosting a rain barrel construction and informational workshop at the Chesterfield County Fairgrounds on April 16th, 2016 at 10:00 a.m. The cost is \$45 per barrel, and all materials will be provided to participants. Instruction and help with construction will be provided to participants. Come and join us and bring home your own rain barrel! For further information please call the James River SWCD office at (804) 732-6550 or get your ticket online at <https://www.eventbrite.com/e/2016-rain-barrel-workshops-april-16th-tickets-21385853664>

4-H State Congress Registration Deadline - April 22nd

This program is held June 27-30th at Virginia Tech for teens 14-18 years old. Registration will be open March 24-April 22nd. Contact Bethany at eigelb@chesterfield.gov for more information or to receive registration materials.

April 2016 continued

Money Smart Week Workshop - April 25th 9:30-11:30 am

In support of Money Smart Week, the Chesterfield County office of Virginia Cooperative Extension is offering a workshop in which participants will receive tips on how to gain control of their financial situations, determine how much money they have to save and spend to accomplish their financial goals and improve their financial health and well-being. This workshop is free and open to the public. Preregistration is encouraged. Workshop takes place at the Chesterfield County office of Virginia Cooperative Extension 6807 Mimms Loop Chesterfield, VA 23832. Interested? Linda Jackson Cole, Family and Consumer Sciences Extension Agent, 804-751-4401 or licole2@vt.edu

Daddy and Daughter Dance - Saturday, April 30 6:30-8:30PM

All girls (K-6) and that very special dad or granddad in their life can dance the night away under the stars at Jamestown 4-H Educational Center. Join us for a very special evening with a DJ, Refreshments and Door Prizes. Tickets are available at the Center Office at \$5/person \$8 at the door.

May 2016

Last day to sign up for Grass Roots 2016 - Friday, May 15th, 2016

Our Grass Roots Program will help you learn how to address soil deficiencies and other problems so you can have a lush green, environmentally-sound lawn. The Grass Roots program is limited to the first 400 clients and has a program cost of \$25. Learn more and how to sign up at bit.ly/2016GrassRoots or by calling 804-751-4401!

June 2016

Family Fun Day and OPEN HOUSE - Sunday, June 5th, 1-4pm

Enjoy a day at the Jamestown 4-H Center by the James River. Camp activities include: Archery, Fishing, Boating, Arts and Crafts, Nature, Smore's plus much more! This program is FREE and open to the public. Rain or Shine. Please RSVP to 757-253-4931.

Last day to sign up for Chesterfield 4-H Summer Day Camps

Friday, June 10th, 1-4pm

Summer Day Camps are being held Monday-Thursday, 9 a.m. – 2 p.m. and each week will have a different theme with related projects and activities. We will offer these camps June 27-30th, July 18-21st, and August 1-4th. These camps are for Chesterfield County residents, 9-13 years of age. All day camps will be held at the Historical Society Building near the Extension office in the county government complex. Limited registration is available – if you are interested in learning more, contact eigelb@chesterfield.gov to get added to the email list! Deadline to register for the June day camp will be Friday, June 10th.

Bumblebee Jamboree -Saturday, June 18th, 10:30-2:30pm

Join us on Saturday, June 18th at Bumblebee Jamboree - a FREE and fun family day celebrating National Pollinator Week. Event takes place at Maymont. Be sure to check out the butterfly tent, VCU bug lab, and a variety of pollinator craft activities. Learn more at <http://bit.ly/BBJam2016> and share the flyer on page 11 with friends who may be interested.



SPRING 2016

CHESTERFIELD LAWN & GARDEN SEMINARS

Free and welcoming to learners of all levels. Seminars are presented by Chesterfield County Master Gardener volunteers. Seating is limited; registration required. Register online at <http://bit.ly/ready2grow> or call 804-751-4401 or email vce@chesterfield.gov.



Select & Plant: Trees & Shrubs

March 16th 6-8pm @ Midlothian Library

If you're thinking about buying a tree or a shrub, do you know which trees and shrubs do best in your area? Do you know how to properly plant it so that it survives and grows well? This class gives basic information about choosing the best planting site, selecting the right species for that site, proper planting techniques and first-year care.



Container Gardening

April 5th 6-8pm @ Midlothian Library

Container gardening allows you to have and enjoy many ornamental and food-supplying plants that, for whatever reason, you do not want to grow in ground beds. You can use container-grown plants in entryways, patios, decks, rooftops, gardens, indoors, or anywhere you have a need to add a living component to enhance the appeal of an area.



Warm Season Lawn Care

April 6th 6-8pm @ Central Library

A Warm Season Grass in a Cool Season World - The primary warm season species, bermudagrass and zoysiagrass, are well adapted throughout this region of Virginia. Mid-spring through mid-summer is the optimum time to plant warm-season grasses here in the Richmond area.



**CLICK HERE TO
REGISTER**



**MORE
SEMINARS ON
NEXT PAGE**



Safety in the Garden

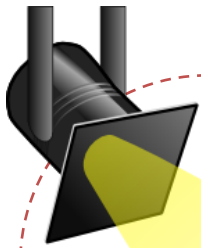
April 13th - 6-8pm @ Central Library

There are some things that will help keep you safe while you work in your yard. Learn how to not hurt yourself and other tips from one of Chesterfield County's Master Gardeners.

Small Space Vegetable Gardening

April 16th 12:30-2:30pm @ LaPrade Library

Many folks would love to grow their own fresh vegetables, but perhaps they are short on space and/or time. If you've got space for a pot of flowers on the patio or balcony, then you too can grow vegetables. Learn some tips for creating and stretching a small garden space in this seminar.



Seminar Spotlight:

Slaying the Dragons of Garden Myths

Presented by Chesterfield Master Gardener Sandra Gentry



**Do I need to
water my lawn
and garden
every day?**



"Oh, so slain! Most of these plants need about one inch of water a week and prefer it to be in two or three applications. Invest in an inexpensive rain gauge to see what the weather provides and then check the soil before watering. More plants are killed by overwatering than by under watering." - Sandra Gentry

Listen to Sandra Gentry slay other common Garden myths at her talk on
April 9th from 12:30-2:30pm @ the Clover Hill Library

More details:

Some gardening habits and myths really should be dispelled because, as the latest science shows, many of these old myths aren't true. Learning the facts will make your garden event better than before. Sign up at <http://bit.ly/ready2grow>

Apply by May 6, 2016

Summer Enrichment Program in Plant, Soil & Environmental Science

FREE
FOR ELIGIBLE
STUDENTS!

JUNE 26 - JULY 1, 2016

VIRGINIA STATE UNIVERSITY CAMPUS & RANDOLPH FARM

*Classroom Learning • Field and Lab Activities
Stay on Campus • All Meals Provided*

Gain hands-on experience with the world around you through VSU's Summer Enrichment Program in Plant, Soil & Environmental Science. During the week-long program, participants will learn from experts through experiential learning activities about:

- Water and environmental issues
- Food and ornamental crop production
- Aquatic plants and animals
- Soil composition, soil health, and soil management practices
- Résumé building & interviewing skills
- Career opportunities with the USDA and other federal, state, private industry jobs

APPLICATION REQUIREMENTS: Admission is restricted to rising high school juniors and seniors interested in the plant, soil & environmental science disciplines. Applicants are required to complete and submit an online application that includes one-page essay (200-300 words) describing career goals and reasons for interest in the summer enrichment program. **Applications are due by MAY 6, 2016.**

APPLICANTS WHO ARE ADMITTED WILL BE NOTIFIED NO LATER THAN JUNE 1.

[CLICK HERE TO APPLY ONLINE](#)

QUESTIONS? Contact Dr. Chris Catanzaro, Interim Chair, Virginia State University, Department of Agriculture, P.O. Box 9416, Virginia State University, VA 23806 • EMAIL: ccatanzaro@vsu.edu or call (804) 524-5672 for more information.

This program is funded by USDA NIFA Award No. 2012-38821-20041, Increasing Undergraduate Enrollment in the Department of Agriculture at Virginia State University.



The county's farmers market
opens May 18!


Wednesdays, 3-6 p.m., through Sept. 14.

Pick up fresh, local produce and more.

The market is located in the Chesterfield County Government Complex on Mimms Loop, near the School Board building. Follow the signs on Iron Bridge Road to our market location. Take home local fruits and vegetables, plants, breads, desserts and crafts.

Cash preferred.

Check us out on Facebook!

 [Facebook.com/CFitFarmersMarket](https://www.facebook.com/CFitFarmersMarket)



What's all the Buzz?



Celebrate National Pollinator Week with a
free family event buzzing with fun at our
5th Annual Bumblebee Jamboree!

**Saturday, June 18, 2016 from 10:30 am to 2:30 pm
at Maymont**

- * Storytelling Puppet Show
- * Children's Craft & Planting Area
- * See inside a Bee Hive
- * Visit the Butterfly Tent
- * Dance like a Bee, Bird or Butterfly

PLUS :

- * VCU's Bug Lab display of real live insects
- * Native Plant Suggestions
- * Pollinator Snacks for Kids
- * And Much, Much, More!

Check out the event online: <http://bit.ly/BBJam2016>

Share your photos to vce@chesterfield.gov or follow and tag #BumbleBJam



Eat Smart and Move More

with the Family Nutrition Program

Offering *free* healthy eating and active lifestyle lessons to income-eligible residents of Chesterfield County

Learn how to better:

- Get more for your money at the grocery store;
- Include a variety of colorful fruits and veggies into your diet;
- Read and understand food labels;
- Plan a meal for a balanced week;
- Portion your food;
- Include physical activity into your everyday life.

Plus much more!



Calandra Chaney

Family Nutrition Program Assistant

Virginia Cooperative Extension

6807 Mimms Loop

Chesterfield, VA 23832

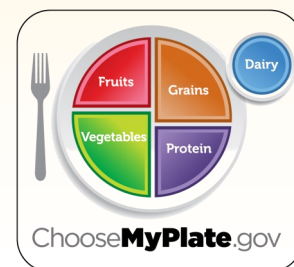
Participants receive:

- Loads of recipes and nutrition tips;
- Helpful kitchen utensils to take home;
- Meal and grocery shopping planning pad
- Resistance bands



Plus much more!

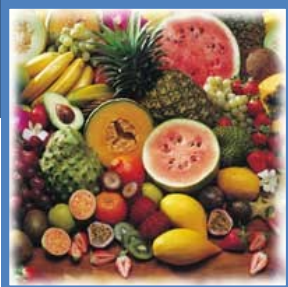
Call 804-751-4401



Contact me to schedule a *free* 6-session program to inspire healthy living for yourself, your group, or your organization!

Virginia Cooperative Extension

MASTER FOOD VOLUNTEER



• Love to Cook?

• Want to Learn More About

Nutrition and Wellness?

• Want to Make a Difference

in Your Community?



Sign up to be on the waiting list for the Master Food Volunteer Training Program taking place in September 2016!

Training includes:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
 - Food Safety
- Exercise and Healthy Lifestyles
- Working with Diverse Audiences

Opportunities for service:

- Food Demonstrations & displays at health fairs, farmers markets and schools
- Grocery Store Tours
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation

And much, much more!!!

An interview process will occur after an application is submitted.

Interested? Contact FCS SNAP-Ed Agent Ann Vargo by emailing avargo@vt.edu or calling 804/433-2556

It's time to get Fit with FitX!



Fit Extension, April 3-May 28, is a Virginia Cooperative Extension state-wide noncompetitive 8-week program to encourage Virginians to improve their exercise habits, diet and overall quality of life in a fun and challenging way. Fit Extension encourages participants to engage in at least 30 minutes of moderate physical activity such as brisk walking, running, yoga or biking on five or more days of the week. Co-workers, friends and family members join together in teams of six. Each team has a captain who helps the group set goals for its personal achievement. If each member of a six-person team does the recommended amount of physical activity, the team would walk the equivalent of 480 miles, the length of Virginia. Anyone who is willing to participate in an 8-week physical activity program may sign up for Fit Extension. The program also includes a nutrition component that promotes increased fruit and vegetable consumption, and access to a weekly newsletter.

Information: Registration is \$2.00 per person and is collected by team captain with team fee due to Chesterfield Cooperative Extension prior to or during the Fit Extension Kick-off on April 1. Make check payable to Treasure of Virginia Tech.

Contact: Linda Jackson Cole, Family and Consumer Sciences Extension Agent, 804-751-4401 or licole2@vt.edu for additional information.

Youth Conservation Camp Scholarships now available

James River SWCD is offering scholarships to Youth Conservation Camp at Virginia Tech on July 10-16. The program brings together about 70 interested high school students for a week of learning about Virginia's natural resources from conservation professionals and faculty from Virginia Tech. More details and applications can be found at www.jamesriverswcd.ORG or by calling the James River SWCD office at (804)732-6550.



WE WANT YOU!

**What is the
Extension Leadership
Council all about ?**

**Interested in becoming
a member or getting
involved?
Call 804-751-4401**

News From Chesterfield's Extension Leadership Council

The Extension Leadership Council exists to develop and implement a program plan that will direct Extension's resources toward the resolution of identified issues and concerns.

The Chesterfield County Extension Leadership Council needs you! If you are looking for a minimal volunteer commitment and want to make an impact in your community, then we are for you!

Members are expected to attend quarterly meetings, help out with Extension Programs, be a voice and advocate for Extension and promote Extension programs in the community.



2016 so far!



Congratulations to the Master Gardener Class of 2016!

On Friday, April 1st, the 2016 Master Gardener Class completed all their classroom training. Their training covered all aspects of horticulture including the following:

- | | | | | |
|---------|----------------|-------------------------------|----------------------|-------------|
| *Soils | *Botany | *Composting | *Propagation | *Pruning |
| *Weeds | *Indoor Plants | *Annuals, Bulbs, & Perennials | *Landscape Design | *Insects |
| *Trees | *Water Quality | *Protecting Pollinators | *Vegetable Gardening | *Home Fruit |
| *Shrubs | *Plant Disease | *IPM & Pesticide Safety | *Composting | *Wildlife |

Classes are held every year starting February through March. The class meets three times per week, Monday, Wednesday, and Friday from 9:30 a.m. to 12:30 p.m.

After completing classroom training, participants serve a 50-hour internship with the Extension Office and help conduct educational programs for the general public. There is a \$205 fee to cover costs of training materials. Learn more online about joining a waitlist to receive information on the 2017 training program @ <http://bit.ly/MG2017>



Majority of classes meet at the Extension Office Classroom but several of the classes meet at various locations such as VSU's Randolph farm (pictured above).

4-H Day @ the Capital Highlights

4-H Day at the Capitol was last month on February 23rd, 2016. Chesterfield 4-H members representing 4 different clubs met with local representatives in the General Assembly Building to further educate leaders about 4-H programming and the impact it has on communities. It was a fantastic day of citizenship and civic engagement!



Local area Envirothon 2016 Highlights

The James River Soil and Water Conservation District hosted the 2016 District competition at Pocahontas State Park at the Heritage center on Thursday March 17th. This year's theme was invasive species. Congratulations to Michelle Huber and the Clover Hill High School team (1st Place, top right), and to coach Charles LaRocca and the James River High School team (2nd Place, bottom right) for a great competition! Both teams will advance to the Area VI competition on April 20th at the Dinwiddie County Enhancement Center!



EXTENSION CLASSIFIEDS

Interested in a Pond Workshop in Chesterfield?

Do you have a backyard pond that you need advice on managing? Interested in learning about fish populations? Do you have a water or weed sample you would look analyzed? Fill out this [survey](#) and let us know if you would attend such a workshop.

(Picture from the Goochland Pond Workshop held in March with Aquaculture Extension Specialists Dr. Nerrie and Dr. Crosby)



Are you a between the ages of 18 and 35? & interested in agriculture?

If you said yes to both of those questions and would like to connect with other Young Farmers in the area, contact our ANR Extension Agent, Charley Maxwell, at mcharley@vt.edu for more information on the Chesterfield County Farm Bureau Young Farmer Group. We had our kickoff meeting in February and welcome more people to join us at future events.

Calling all Chesterfield County Farmers!!

Do you own horses, cattle, sheep, goats, chickens, pigs or any other farm animals? Are you a crop farmer? Our new Agriculture and Natural Resources Extension Agent, Charlotte Maxwell, would love to hear from you! Please fill out the following survey to be added to the Agriculture contact list! <https://goo.gl/OLX4xi>

Steps to Financial Success Workshop Now Available



A debtor's relief financial education course for post-bankruptcy (daytime classes only). Contact Linda Cole at 804-751-4401 or licole2@vt.edu to schedule a session at a time convenient for you.

Are you interested in Food Preservation/Pressure Canning?

If you are interested, a class can be scheduled soon. Class size is limited to 10 people per session and runs from 6-9pm. \$15, to cover materials. The date selected will be what is convenient for the majority of the participants. **Interested? Contact Linda at 804-751-4401 or licole2@vt.edu**



Reminder: Pressure canners with dial gauges need to be checked to ensure dial gauge accuracy. Schedule an appointment and bring your dial gauge pressure canner to the Extension Office. **There is no fee for the gauge check!**

**Interested in any of the programs and opportunities mentioned?
Get in touch with us today!**



Or Visit Online at <http://www.chesterfield.gov/extension/> for more details

Want to unsubscribe from our newsletter?
[Click here](#) or visit <http://goo.gl/forms/Cb17wAo9R9>

Tell us what you think! [Customer Satisfaction Survey](#)

If you are a person with a disability and desire any assistive devices or other accommodations to participate in any of these activities, call 751-4401 between 8 a.m. and 4:30 p.m. to discuss accommodations five days prior to the event.

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